



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09176, Mangos, raw <sup>a</sup>**

**Report Date: June 30, 2017 14:58 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:29% Refuse Description: Seeds and skin**

Nutrient	Unit	1	Data points	Std. Error	1 cup pieces 165g	1 fruit without refuse 336g
		Value Per100 g				
<b>Proximates</b>						
Water <sup>1 2 3 4 5</sup>	g	83.46	299	0.478	137.71	280.43
Energy	kcal	60	--	--	99	202
Energy	kJ	250	--	--	412	840
Protein <sup>1 2</sup>	g	0.82	7	0.153	1.35	2.76
Total lipid (fat) <sup>1 2</sup>	g	0.38	7	0.051	0.63	1.28
Ash <sup>1 2</sup>	g	0.36	7	0.030	0.59	1.21
Carbohydrate, by difference	g	14.98	--	--	24.72	50.33
Fiber, total dietary <sup>1 2 3 4</sup>	g	1.6	9	0.141	2.6	5.4
Sugars, total	g	13.66	--	--	22.54	45.90
Sucrose <sup>2 3</sup>	g	6.97	4	1.299	11.50	23.42
Glucose (dextrose) <sup>2 3</sup>	g	2.01	4	1.353	3.32	6.75
Fructose <sup>2 3</sup>	g	4.68	4	0.875	7.72	15.72
Lactose <sup>2</sup>	g	0.00	3	0.000	0.00	0.00
Maltose <sup>2 3</sup>	g	0.00	4	0.000	0.00	0.00
Galactose <sup>2</sup>	g	0.00	3	0.000	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <sup>1 2 6</sup>	mg	11	8	0.675	18	37
Iron, Fe <sup>1 2 6</sup>	mg	0.16	8	0.046	0.26	0.54
Magnesium, Mg <sup>1 2 6</sup>	mg	10	8	0.544	16	34
Phosphorus, P <sup>1 2</sup>	mg	14	7	1.079	23	47

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		Value Per100 g	Data points	Std. Error		
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">6</a>	mg	168	8	0.974	277	564
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">6</a>	mg	1	8	0.489	2	3
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">6</a>	mg	0.09	8	0.019	0.15	0.30
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">6</a>	mg	0.111	8	0.052	0.183	0.373
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">6</a>	mg	0.063	8	0.010	0.104	0.212
Selenium, Se	µg	0.6	--	--	1.0	2.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">9</a>	mg	36.4	302	14.252	60.1	122.3
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.028	7	0.002	0.046	0.094
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.038	7	0.008	0.063	0.128
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.669	7	0.308	1.104	2.248
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.197	7	0.026	0.325	0.662
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.119	7	0.001	0.196	0.400
Folate, total <a href="#">b</a> <a href="#">1</a> <a href="#">2</a>	µg	43	6	17.120	71	144
Folic acid	µg	0	--	--	0	0
Folate, food <a href="#">1</a> <a href="#">2</a>	µg	43	6	17.120	71	144
Folate, DFE	µg	43	--	--	71	144
Choline, total	mg	7.6	--	--	12.5	25.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	54	--	--	89	181
Retinol	µg	0	--	--	0	0
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">5</a> <a href="#">7</a>	µg	640	298	193.217	1056	2150
Carotene, alpha <a href="#">1</a> <a href="#">2</a> <a href="#">7</a>	µg	9	8	3.630	15	30
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a> <a href="#">7</a>	µg	10	8	7.117	16	34
Vitamin A, IU	IU	1082	--	--	1785	3636
Lycopene <a href="#">2</a>	µg	3	3	1.629	5	10
Lutein + zeaxanthin <a href="#">2</a> <a href="#">7</a>	µg	23	4	17.430	38	77
Vitamin E (alpha-tocopherol) <a href="#">2</a> <a href="#">8</a>	mg	0.90	3	0.113	1.49	3.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta <a href="#">2</a> <a href="#">8</a>	mg	0.01	3	0.005	0.02	0.03
Tocopherol, gamma <a href="#">2</a> <a href="#">8</a>	mg	0.01	3	0.006	0.02	0.03

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Tocopherol, delta <sup>2,8</sup>	mg	0.00	3	0.000	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.2	--	--	6.9	14.1
<b>Lipids</b>						
Fatty acids, total saturated	g	0.092	--	--	0.152	0.309
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	15	--	0.002	0.003
14:0	g	0.013	19	--	0.021	0.044
16:0	g	0.072	19	--	0.119	0.242
18:0	g	0.004	19	--	0.007	0.013
Fatty acids, total monounsaturated	g	0.140	--	--	0.231	0.470
16:1 undifferentiated	g	0.067	19	--	0.111	0.225
18:1 undifferentiated	g	0.075	19	--	0.124	0.252
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.071	--	--	0.117	0.239
18:2 undifferentiated	g	0.019	19	--	0.031	0.064
18:3 undifferentiated	g	0.051	19	--	0.084	0.171
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.013	--	--	0.021	0.044
Threonine	g	0.031	--	--	0.051	0.104
Isoleucine	g	0.029	--	--	0.048	0.097

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Leucine	g	0.050	--	--	0.083	0.168
Lysine	g	0.066	--	--	0.109	0.222
Methionine	g	0.008	--	--	0.013	0.027
Phenylalanine	g	0.027	--	--	0.045	0.091
Tyrosine	g	0.016	--	--	0.026	0.054
Valine	g	0.042	--	--	0.069	0.141
Arginine	g	0.031	--	--	0.051	0.104
Histidine	g	0.019	--	--	0.031	0.064
Alanine	g	0.082	--	--	0.135	0.276
Aspartic acid	g	0.068	--	--	0.112	0.228
Glutamic acid	g	0.096	--	--	0.158	0.323
Glycine	g	0.034	--	--	0.056	0.114
Proline	g	0.029	--	--	0.048	0.097
Serine	g	0.035	--	--	0.058	0.118
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Anthocyanidins						
Cyanidin <sup>11</sup>	mg	0.10	1	--	0.17	0.34
Delphinidin <sup>11</sup>	mg	0.0	1	--	0.0	0.1
Pelargonidin <sup>11</sup>	mg	0.0	1	--	0.0	0.1
Flavan-3-ols						
(+)-Catechin <sup>12</sup>	mg	1.7	4	0	2.8	5.8
(-)Epigallocatechin <sup>12</sup>	mg	0.0	4	0	0.0	0.0
(-)Epicatechin <sup>12</sup>	mg	0.0	4	0	0.0	0.0
(-)Epicatechin 3-gallate <sup>12</sup>	mg	0.0	4	0	0.0	0.0
(-)Epigallocatechin 3-gallate <sup>12</sup>	mg	0.0	4	0	0.0	0.0
(+)-Gallocatechin <sup>12</sup>	mg	0.0	4	0	0.0	0.0
Flavones						
Apigenin <sup>11</sup>	mg	0.0	2	--	0.0	0.0
Luteolin <sup>11</sup>	mg	0.0	2	--	0.0	0.1

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<b>Flavonols</b>							
Kaempferol <sup>11 13</sup>	mg	0.1	3	0.04	0.1		0.2
Myricetin <sup>11 13</sup>	mg	0.1	3	0.03	0.1		0.2
Quercetin <sup>11 13</sup>	mg	0.0	3	0	0.0		0.0
<b>Isoflavones</b>							
Daidzein <sup>14 15</sup>	mg	0.00	2	--	0.00		0.00
Genistein <sup>14 15</sup>	mg	0.00	2	--	0.00		0.00
Total isoflavones <sup>14</sup>	mg	0.01	2	--	0.01		0.02
<b>Proanthocyanidin</b>							
Proanthocyanidin dimers <sup>10</sup>	mg	1.8	1	--	3.0		6.0
Proanthocyanidin trimers <sup>10</sup>	mg	1.4	1	--	2.3		4.7
Proanthocyanidin 4-6mers <sup>10</sup>	mg	7.2	1	--	11.9		24.2
Proanthocyanidin 7-10mers <sup>10</sup>	mg	0.0	1	--	0.0		0.0
Proanthocyanidin polymers (>10mers) <sup>10</sup>	mg	0.0	1	--	0.0		0.0

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12i, 2008 Beltsville MD

<sup>3</sup>B Li, K.W. Andrews, P.R. Pehrsson Individual sugars, soluble and insoluble dietary fiber contents of 70 high consumption foods, 2002 J Food Comp Anal 15 pp.715-723

<sup>4</sup>K. Mahattanatawee, J.A. Manthey, G. Lucio, S. T. Talcott, K. Goodner et al Total antioxidant activity and fiber content of select Florida-grown tropical fruits, 2006 Journal of Agricultural and Food Chemistry 54 pp.7355-7363

<sup>5</sup>P. Perkins-Veazie Carotenoids in watermelon and mango, 2007 Acta Hort. 746 pp.259-264

<sup>6</sup>N.J. Miller-Ihli Atomic absorption and atomic emission spectrometry for the determination of the trace element content of selected fruits consumed in the United States, 1996 Journal of Food Composition and Analysis 9 4 pp.301-311

<sup>7</sup>A. Perry, H. Rasmussen, E.J. Johnson Xanthophyll (lutein, zeaxanthin) content in fruits, vegetables and corn and egg products, 2009 J Food Comp Anal 22 pp.9-15

<sup>8</sup>A.A. Franke, Suzanne Murphy, R. Lacey, L.J. Custer Tocopherol and tocotrienol levels of foods consumed in Hawaii, 2007 Journal of Agricultural and Food Chemistry 55 pp.769-778

<sup>9</sup>A.A. Franke, L.J. Custer, Christi Arakaki, Suzanne Murphy Vitamin c and flavonoid levels of fruits and vegetables consumed in Hawaii., 2004 Journal of Food Composition and Analysis 17 pp.1-35

<sup>10</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617

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<sup>12</sup>Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000 J. Agric. Food Chem. 48 pp.1746-1751

<sup>13</sup>Lako, J., Trenevry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods., 2007 Food Chemistry 101 pp.1727-1741

<sup>14</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331

<sup>15</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States),, 2000 Cancer Causes and Control 11 pp.289-298

#### Footnotes

<sup>a</sup> Values based on analyses of Tommy Atkins, Keitt, Kent, and/or Haden cultivars.

<sup>b</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate plus total folate determined microbiologically.